

1. Incorporate exercise in your daily routine

Summer can be a busy time, so it may be challenging to find time to exercise. Try to set aside five to 15 minutes of your day for “exercise snacks,” a short period of physical activity. Exercise snacks can include taking a walk, body weight exercises such as squats and lunges, or jumping jacks. If you want to be social in the summer while exercising, you can also make plans for a team sport.

2. Stretch before and after exercising

Set aside five to 30 minutes to stretch before engaging in physical activity. Stretches that aren't held for long periods of time can help to warm up muscles and loosen joints. Post-physical activity is the best time for holding stretches for long periods of time.

3. Keep track of time you spend exercising

You should spend between 20 and 30 minutes a day doing moderate to vigorous exercise. This means you should not be able to carry on a conversation because you're breathing too intensely. You can use fitness trackers such as smartwatches to help monitor heart rate, distance travelled and speed. You can also keep a journal or spreadsheet to track information about your exercises, such as distances of runs, amount of weight lifted and the number of repetitions or sets of specific exercises.

4. Be mindful of overuse and injury

To help avoid injury, increase physical activity gradually. Start by introducing an activity one to two times a week and go from there. Increase either the intensity or the duration of your workout, but not both at the same time. Although it's common to feel soreness for a couple days after starting a new activity, pain for a longer period may be a sign of overuse. In this case, you should visit a health professional. Staying hydrated, eating a balanced diet and getting enough sleep are also important to stay healthy.

5. Exercise in a safe environment

This summer, we've experienced more air quality issues because of wildfire smoke, which contains pollutants. Refer to the [Air Quality Health Index](#) to know when it is safe to exercise outdoors. In humid conditions, you may be more susceptible to heat illnesses; to figure out what the temperature feels like outdoors, you can refer to the Heat Index. If the humidity is high, consider exercising earlier or later in the day when the sun is not at its peak intensity or exercising in a shaded area or indoors.